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THE

VILLAGER'S FRIEND

AND

PHYSICIAN.

MY FRIENDS,

I HAVE devoted nearly thirty years of severe labour of body and of mind, to the promotion of your comfort and welfare; and, having been more eager to render myself capable, by ſtudy and obſervation, of performing the duties of my profeſſion, than to wring from you your hard-earned penny, I find myſelf, at the end of my labours, a poorer man than when I commenced them. Without a hope therefore of making any proviſion for my latter days, it only remains for me to ſtore up the powers of ſuſtaining the evils of ill-provided age, by deſiſting from

 a per-

a perſeverance in thoſe profeſſional exertions, which exhauſt the energies of the mind, and rob it of it's fortitude. I have therefore reſolved, for the remainder of my life, to devote myſelf to ſome ruſtic employment, convinced that I ſhall then ſuffer much leſs diſtreſsful fatigue; for although the labours to which I muſt ſubmit may equal, or even ſometimes exceed, thoſe to which I have hitherto been accuſtomed, yet being unaccompanied by thoſe mental exertions, and particularly by thoſe anxieties, to which I have been ſo frequently a prey, my remaining days will paſs away, comparatively, as days of indulgence. The huſbandman, when his taſks are performed, may ſuffer from wearineſs of the body, but his employment has no tendency to diſturb his mind. It is not ſo with the medical man, with however much ability and conſcientiouſneſs he may execute the duties of his profeſſion. Aware that the lives of his fellow-creatures depend on the judgement he may form, and on the meaſures he may adopt, his mind is conſtantly harraſſed with anxiouſly attending to the event of ſome diſtreſsfully intereſting caſe;

caſe; whilſt after every ſacrifice, his profeſſional character is liable, beyond that of every other profeſſional man, to the miſrepreſentations of thoſe, to whom the inability of comprehending the propriety or impropriety of the meaſures adopted, is a ſufficient warrant for the moſt cruel and ſcandalous imputations of ignorance or neglect.

Nor is this all; recollect with how little conſideration for his comfort, is the time, as well as the labour, of a village apothecary trifled with. Have you to conſult your lawyer, or to employ any other man almoſt in the village, you will require his attendance, at that time which may beſt ſuit his convenience; but ſhould a trifling raſh on the ſkin, which has hardly excited your attention for a week or two, at laſt induce you to call for the attendance of your apothecary, the application will generally be deferred to the cloſe of the day: nor will the rougheſt and moſt tempeſtuous weather excuſe his attendance, which will, in general, be thought neceſſary to be inſiſted on *directly*,

to give energy and effect to your meſſage; not conſidering that he who calls wolf unneceſſarily, may call in vain, when in real danger.---Excuſe theſe remarks, which may not, at firſt ſight, appear calculated ſo much for your benefit, as for that of my ſucceſſor; but you ſhould conſider that, in proportion as you manifeſt a regard for his comfort, you will, of courſe, render him zealous and intereſted for your welfare. In general, in proportion as you attend to his convenience, will he be enabled to apply himſelf to procure you benefit. Thus, when your meſſage is not ſent before he ſets off for his uſual rounds, you not only give him the trouble of pacing over a mile or two of ground, which he has already trodden; but your ſummons taking him out of his regular courſe, perhaps in the midſt of the hurry of buſineſs, it is far from improbable, that your concerns, from the crowd of various circumſtances then engaging his thoughts, cannot obtain that attention, which he may be anxious to give them.

You obſerve, that I offer to you plain, unadorned truth, but if my addreſs prove uſeful, I ſhall

ſhall be fully ſatisfied with the portion of eloquence it may contain. To many of you I am indebted for your confidence, and to all of you, for your kind wiſhes. Accept, in return, with my farewell, the following ſuggeſtions, intended to promote your happineſs, as well as to enable you to preſerve or reſtore your health.

As moſt of you are men who benefit ſociety by your labours; gaining your livelihood by the ſweat of your brows, you will not be ſurpriſed that I commence my inſtructions, with a few remarks on EXERCISE and LABOUR.

> Toil and be ſtrong. By toil the flaccid nerves
> Grow firm, and gain a more compacted tone.
>
> ARMSTRONG.

Truly does this author ſay,

> ——— By health the peaſant's toil
> Is well repaid.

Exerciſe indeed gives ſtrength to every fibre, and energy and ſpring to all the vital powers. In a word, man is rendered

> Robuſt with labour, and by cuſtom ſteel'd
> To every caſualty of life.

For ſtrength is increaſed by being uſed, and loſt by being too much hoarded. But I need not dwell on the advantages derivable from exerciſe, to you, who have experienced them whilſt engaged in the labours, by which your families are ſupported. No! to you whoſe habits are thoſe of induſtry, ſome few cautions againſt the exceſſive and irregular indulgence of thoſe habits, will be more beneficial. Be aſſured then, that all violent and long continued exertions, even in your wonted labours, may not only prove of ſerious injury to your health, but will alſo leſſen, rather than increaſe, the weekly proviſion for your family. Remember that the vital powers, the powers by which life is continued, can only be urged to a certain point, without injury. If nature be robbed of due repoſe now, ſhe muſt repair the loſs another time, or ſink, overcome, exhauſted of the *fine and ſubtile ſpirits.*

"Purſued too cloſely, e'en the gentleſt toil
Is waſte of health."

ARMSTRONG.

He

He who thus inconſiſtently, from motives of œconomy, extravagantly expends his health, may be ſaid, to labour hard to catch diſeaſe. For

He gets little for his pains,
Who ſad diſeaſe by labour gains.

The All-wiſe Diſpoſer of all things has decreed the due exerciſe of our powers to be an inexhauſtible ſource of pleaſure; ſo that man returns to his daily toil, with cheerful alacrity. But exceſſive exertions take away all zeſt for work, and no wonder, for if even too much pleaſure will cloy, how much more muſt too much hard work. No! No! Take moderate meals of hard work, and then to it again with a reliſh for it. Think not, however, I mean to lull you into indolence; far from it.

Behold the wretch who ſlugs his life away,
Soon ſwallow'd in diſeaſe's ſad abyſs;
While he whom toil has brac'd, or manly play,
Has light as air each limb, each thought as clear as day.

THOMSON.

Moderate and regular labour coils up the main ſpring of life, but wild and irregular ſallies may

may break it. He that is ſteady is ever ready. Regular exerciſe will demand regular reſt.

——————— Wearineſs
Can ſnore upon the flint, when reſty ſloth
Finds the down pillow hard.

Watch the ſteady pace of the ſun, let his riſing lead you to labour, and his ſetting to reſt, or to rational amuſement, for

He who reſts and labours by the ſun,
His courſe of toil does fairly run.

Beſides I have one truth to diſcloſe to you, which perhaps you may have not diſcovered. Virtues may have baſtards; and therefore induſtry may become the mother of drunkenneſs. For nature, urged too far, pants and ſeeks for reſt; but her thoughtleſs driver ſpurs her on. The pernicious, the poiſonous dram, is ſwallowed glaſs after glaſs, whenever the ſpirits flag; and thus, he who gets a hard hand, too often gets a parched mouth. This as generally leads to the ale-houſe, as that does to the houſe of miſery and diſeaſe.---Conſider a little, my friends, how little you gain by earning ſix ſhillings inſtead of

four

four, when the publican gets one half of your earnings, and phyſick runs away with the reſt.

But let us not paſs the ale-houſe, without a word or two reſpecting the good cheer it affords. Moſt of us are pretty well acquainted with the delightful refreſhment a glaſs of ale yields, when a man is fatigued. Well would it be if we all knew, as well, the miſchiefs ariſing, from taking a little too frequently, what is called *a little drop*, ſo that we might be ſufficiently on our guard againſt that inſidious enemy, the love of drink. This is an enemy againſt whom you ſhould always be on your guard, for he uſes every trick of war: ſometimes he comes on by ſlow and unheeded approaches; ſometimes his attacks are open and violent; and oftentimes will he fight under falſe colours, and whilſt he is received as a friend, cruelly deprive thoſe he has deluded of every comfort, and at laſt of life itſelf. He, who, being engaged in works of labour, flies to liquor for a ſpur, whenever nature droops from too great exertion, makes terrible havock with himſelf. Nature, before

worn

worn down, is now forced and ſtrained by theſe unnatural efforts; and if theſe be often repeated, the ſhattered nerves will ſhow the vaſt damage they have ſuffered. Tremblings, ſinking of the ſpirits, ſleepleſs nights, and days of dreadful liſtleſsneſs will be the forerunners of ſome deadly malady.

You will perhaps be at firſt ſurpriſed at the aſſertion, but you will, on reflection, I am ſure, agree in it's being well founded, that the cautious, but frequent ſipper, is more expoſed to be overtaken by diſeaſe, in conſequence of indulgence in his favourite habit, than him who revels openly and unguardedly. The former generally allows the elevation he has experienced from his firſt ſip to ſubſide before he takes his ſecond, and that of the ſecond before he takes his third: thus, gradually inſtilling the poiſon into the ſyſtem, he has not the warning of intoxication to appriſe him that, although he exultingly applauds himſelf for his extraordinary ſelf-denial, the quantity he has ſipped exceeds that, which taken by his neighbour with leſs management, has

levelled

levelled him to the ground, and rendered him the object of our cautious sipper's harsh reproof. The more bold and shameless drunkard finds a monitor, though generally too little regarded, in every drunken bout: the beastly situations in which he is placed by them, and the sufferings which succeed, are not entirely unnoticed:

> He sleeps, and waking finds himself undone;
> For prodigal of life, in one rash night,
> He lavished more than might support three days.
>
> ARMSTRONG.

Loud but weak resolves are uttered—such filthy excesses are never more to be committed.

> Ah, sly deceiver! branded o'er and o'er,
> Yet still believed! exulting o'er the wreck
> Of *sober* vows!

Drunkenness, my friends, that vice, or rather let me say, that crime which engenders all other crimes, is a baneful curse, wherever it falls. It degrades man below the meanest reptile, renders his sober hours irksome beyond bearing, brings on the most dreadful diseases, and at last places him on a death-bed, the pillow of which it has filled with thorns. Dreadful is

this

this picture, and many of you muſt feel it's truth. But how, you aſk, ſhall we profit by it? How ſhall we rid ourſelves of ſuch a dangerous foe? Not by trifling with him—not by gentle reſiſtance—not by endeavouring gradually to diſengage yourſelf from his horrid gripe. No, an enemy, ſo formidable, muſt be firmly and ſtrongly oppoſed—not an inch muſt be yielded to him. Conſider if you break not his neck he will break your's, and perhaps the hearts of thoſe who are deareſt to you. Call to your aid ſelf-love, as well as regard and compaſſion for your family, who innocently ſuffer for your indiſcretions. Crave the ſupport of reaſon and religion.

> Let god-like reaſon, from her ſov'reign throne,
> Speak the commanding word—I will—and it is done.
>
> THOMSON.

Do not be lulled into a falſe ſecurity, founded on one or two incorrigible drunkards enjoying ſeeming health, for they own not what they ſuffer; but judge from a larger ſcale. Look back to the latter days of all the votaries of Bacchus that come within your recollection, and then you will diſcover, that in general the wine-bibber

is

is doomed to the torments of the gout, or of the ſtone or gravel; the dram-drinker becomes bloated with dropſy, and the ſwiller of beer ſtained with jaundice.

——————— the yellow fiend
Tinged with her own accumulated gall.

I am ſure if you will but reconſider what has been ſaid, although you may accuſe me of preaching, you will not regard a drunken bout as a trifling matter. Look back but to the laſt adventure of this kind, and ſtrive to

——————————— recollect
What follies in your looſe unguarded hour
Eſcap'd. For one irrevocable word,
Perhaps that meant no harm, you loſe a friend;
Or in the rage of wine your haſty hand
Performs a deed that haunts you to the grave.
Add that your means, your health, your parts decay;
Your friends avoid you; brutiſhly tranſform'd,
They hardly know you; or if one remains
To wiſh you well, he wiſhes you in heaven.

ARMSTRONG.

Beſides, he who drinks much can eat but little; and ſtrength is never gained by ſtarving; and one ſhilling ſpent with the butcher is better

than two with the publican. Moderation is indeed always commendable, but there is little fear that the labourer will kill himself with cramming; for hard work and hard fare too often go together, and industry seldom messes with gluttony. Indeed it cannot be denied that

> Gross riot treasures up a wealthy fund
> Of plagues, but irremediable ills
> Attend the lean extreme.
>
> ARMSTRONG.

I am not one of those who can calculate to a grain, on how little a man may keep life and soul together, but yet I cannot refrain from cautioning you against waste, and reminding you that, good housewifry will make one pound go as far as two.

One species of indulgence I must however warn you against—the taking too freely of spiceries with your meals. Mustard, pepper, &c. substances of so fiery a nature that if applied pure to the skin, would soon excite a considerable degree of inflammation; or which, if blended with milder substances, and applied frequently would harden

harden the ſkin, and deprive it of it's healthful ſenſibility, are taken into the ſtomach, with as little caution as though they were as mild as milk, and without conſidering that effects, ſimilar to thoſe they produce on the ſkin, ſucceed to their application to the ſtomach.

The ſubſtances of which we are ſpeaking, taken into the ſtomach, even in the quantity in which they moſt frequently are uſed, render the ſtomach leſs ſenſible to the calls of nature, and leſs capable of performing it's function of digeſting the food: at length heart-burn, ſour riſings, painful oppreſſions and cramps of the ſtomach ſhow that, weakneſs of this organ is produced, in conſequence of it's having ſuffered too much irritation.

> The ſtomach urged beyond it's active tone,
> Hardly to nutrimental chyle ſubdues
> The ſofteſt food. ARMSTRONG.

You cannot be too watchful againſt the increaſe of this practice, for he that gratifies his taſte, without the limitation of prudence, knows

not where he may end.—He that begins with a grain, may end with a pound. Now my friends, although you may not think it worth your trouble to balk your taſte for ſuch a trifle, as you may eſteem health to be, at leaſt, let your children have fair play; and do not bring them up the ſlaves of ſuch evil habits. Let your diet be plain.—He that breakfaſts on milk; dines one day on animal food, and the other on pudding, &c.; and ſups lightly on milk, pottage, &c. may with reaſon hope for health. Therefore

Let temperance conſtantly preſide;
Your beſt phyſician, friend and guide.

ARMSTRONG.

But man is not made merely to eat, drink and toil. A ſpark of intellectual fire is placed by his great Creator in his breaſt. If this be ſmothered and extinguiſhed, life paſſes on dull and cheerleſs; but if fanned into flame it's genial influence pervades, and actuates every part of the ſyſtem.

——————— from heaven it came,
Oh, prize this intellectual flame!
This nobler ſelf with rapture ſcan;
'Tis mind alone which makes the man. COTTON

In

In proportion as the mind is cultivated, the enjoyment of nature's bleſſings is promoted, and the intereſt in life is augmented; and, which is particularly to our preſent purpoſe, the opportunities and the range of rational recreations are increaſed. Know that amuſement is as neceſſary to health as labour; and that it is ſometimes right

> To frame your mind to mirth and merriment,
> Which bars a thouſand harms, and lengthens life.
>
> SHAKSPEARE.

But moderation in the enjoyment of pleaſure is as neceſſary as in the proſecution of labour. You may if you chooſe make an amuſement of labour; but never make a toil of amuſement. Your amuſement ſhould be adapted to the nature of your employment through the day: thus, ſhould you be exhauſted by toil, chooſe ſome amuſement where ſkill and dexterity is required, rather than labour; but if your employ in the day ſhould have been accompanied with but little exertion, chooſe thoſe ſports which call the various muſcles into exerciſe. Take care, however, that your ſports bear not on the limbs which work has wearied. Let him whoſe arms are fatigued with

wielding

wielding the pick-axe, and the ponderous hammer, amuſe himſelf, when his taſk is over, with ranging in the fields,

> Where ſown profuſely, herb and flower
> Of balmy ſmell and healing power,
> Their ſouls in fragrant dews exhale,
> And breathe freſh life in every gale.
> Here are thy walks, oh! ſacred health;
> The monarch's bliſs, the beggar's wealth.
>
> MALLET.

> Here blooming health exerts her gentle reign,
> And ſtrings the ſinews of the induſtrious ſwain.
>
> GAY.

Whilſt he whoſe occupations weary his legs and feet, ſhould rather derive amuſement from thoſe ſports which exerciſe his arms.

Bathing is a recreation, pleaſant, refreſhing and highly ſalutary; fit for him who paſſes a ſedentary life, as well as him who leads a life of labour. By this the ſkin is cleanſed from hurtful matter which may collect on it, whilſt the veſſels are ſo ſtrengthened by it, as to be enabled to reſiſt diſeaſe. Obſerve that I here recommend bathing for the prevention, not for the

the cure of diſeaſes; ſince our time will neither allow me to ſpecify thoſe numerous complaints which may be removed by it, nor thoſe which prohibit it's employment. I therefore can only ſay generally that, in health, it will prove beneficial, if uſed when the body is neither chilled nor much heated: but that in diſeaſes depending on any altered ſtructure of internal parts, it can never be had recourſe to but with danger.

The amuſements to which I have hitherto alluded are thoſe adapted to the ſummer, when fine weather and long days give the opportunities of an hour or two of day-light for your enjoyment when labour is over. But in winter, a greater portion of time will be found free from the exerciſe of buſineſs, which want of day-light renders you unable to employ in out-door amuſements. This portion of time is too commonly devoted to the ale-houſe; and this, it is frequently ſaid, becauſe your home can afford you no amuſement. But let me point out an amuſement or two, which I am confident, when you have made trial of for a little time, will

yield

yield you delight beyond any you have ever experienced, whilſt ſmothering away life in that grave of happineſs. Moſt of you have children, and if you are not devoid of affection for them, pleaſures beyond expreſſion will be derived from inſtructing them.

> Delightful taſk! to rear the tender thought;
> To teach the young idea how to ſhoot,
> And pour the freſh inſtruction o'er the mind.
>
> THOMSON.

But you may ſay, that, not having yourſelf received the advantages of education, you can communicate to them but little inſtruction. The inſtruction I however allude to, is ſuch as the moſt unlearned may communicate. Trace over in your memory the various events of your paſt life; you will then ſee how you failed in your aim to do well, and alſo, why your endeavours ſometimes ſucceeded. Communicate to your children the reflections which theſe obſervations create. Shew them the advantages of induſtry, civility and ſobriety; let them ſee the neceſſity and advantage of rendering themſelves uſeful to thoſe around them. Place before them particularly

th

the policy of ſuch conduct towards their employers: ſince he who renders himſelf uſeful to his employer, becomes neceſſary to him; and creates that attachment of his maſter, both from intereſt and for reſpect for his induſtry; that, if he engage alſo his affection by his civility and obligingneſs, the moſt advantageous and profitable conſequences may follow. Point out to them the evils, which experience has taught you the neceſſity of avoiding. Put aſide all falſe ſhame—own your youthful follies to them.—Show them the ill effects which followed, and confirm them in the reſolution of ſhunning ſimilar foibles; and, on the other hand, hold out to their imitation thoſe actions which recollection is delighted in recalling. By this conduct, you will not only lead your children into a love of virtuous and induſtrious exertions, and take away the neceſſity of employing that correction which may rob you of their love; but you will actually excite their affections, make them love their father as their friend, and perhaps ſecure for yourſelf in age, that protection from your child, which you might otherwiſe have to ſeek from a work-houſe. But

to

to be assured of this, teach them to abhor cruelty to the brute creation; since the child who delights to torment any fellow-being, may be brought at last to view the sufferings of even a parent, with feelings, worse than indifference. Be assured

> That all the pious duties which we owe
> Our parents, friends, our country and our God;
> The seeds of every virtue here below
> From discipline alone and early culture grow.
>
> WEST.

The amusement which books afford, exceeds all others, which can be enjoyed by the fire-side, by those whose days have been laboriously exercised. But should this not be to your taste, or should your youthful progress in learning not have been sufficient to enable you to indulge in this delightful enjoyment; have not to reproach yourself with not having done all in your power, to enable your children to obtain the pleasures and benefits of reading. Consider at how trifling an expence you may procure them this useful and entertaining accomplishment, and that a few pence, a very few pence, weekly employed for this purpose, may better their situation through

the

the whole of their life. By reading they will have their minds ſtored with precepts, inſtructive of the preſervation both of their health and morals: they will become better members of ſociety, be more confirmed in their duty to you, and be furniſhed with an inexhauſtible ſource of amuſement and reflection for every vacant hour; ſo that the tediouſneſs of leiſure ſhall not drive them to the ale-houſe for amuſement. In their youth it will afford them amuſement and inſtruction, and in age, comfort.

Nor do I go out of my way when I recommend reading to you; for I recommend it as a medicine, which, by it's effects on the mind, will ſecure you from the attacks of ſome diſeaſes which really originate from the mind not being ſufficiently exerciſed; and alſo, as a remedy which will better enable you to beguile away the dreary hours of confinement, from almoſt any kind of malady. Nor is this remedy an expenſive one, ſince there is ONE VOLUME, the cheapeſt in the kingdom, which whether you ſeek to be intereſted by the plain facts of hiſtory, by the moſt

pathe-

pathetic descriptions and situations, or by the most marvellous and even miraculous adventures; whether your taste be for plain prose, or for the most sublime poetry: whether in your youth, you search for instructions for obtaining happiness; or in your age, solid and essential comfort, this ONE VOLUME will afford it all.

Remember that, whether at work or at play, whenever the body is considerably heated or cooled, a change of that state must not be effected suddenly. A sudden exposure to extreme cold, when much heated, is so well known to be dangerous, as to require to be only mentioned here for the sake of reminding you. But a greater degree of danger is frequently produced by a practice, the ill consequences of which are not so generally known. When extremely chilled by exposure to bleak air, and perhaps to freezing sleet; when the blood is driven from the external upon the internal and vital parts, the practice is too common to drink freely of heating and spirituous drinks, and to hover close over the fire. The blood expanding by the heat, still farther distend

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the veſſels in which it flows, it's courſe being at the ſame time rendered more rapid by the ſtrong and heating liquors; hence it is forced into veſſels into which it ought not to flow, and there excites pain and dangerous diſeaſe.

In proof of the propriety of this caution reſpecting the too ſuddenly applying heat, after expoſure to cold, I muſt inform you, that if any part of the body be ſo long expoſed to the cold that it has become frozen, and, in this frozen ſtate, be brought near to the fire, a mortification will ſucceed, and the part will ſeparate and fall off. But if the heat be moſt ſlowly reſtored, firſt by rubbing it with ſnow, then with water, then with a dry cloth or flannel, and laſtly by allowing it to be expoſed to the warm air, it will ſpeedily be reſtored to it's healthful ſtate.

From what I have ſaid, it may be inferred, that ſimilar caution ſhould be employed in reſtoring the warmth of the whole body, when chilled. The cloathing, if wet, ſhould be changed,

and either moderate exercise should be persisted in until the heat is again restored, or the approach to the fire should be gradual. If the exposure has been long and the cold severe, it will be best to go to bed and drink freely of moderately warm barley-water or gruel, by which means heat will be gradually restored, and all dread of disease removed by a free perspiration. He, who wishes to get rid of life in severe agonies, should, when thoroughly wetted and chilled, dry himself by a large fire and toss down a glass of spirits. It may be true, that many of you have done this repeatedly, without having sustained any injury; but that is no reason why you should persist in that which a little consideration must show you is certainly dangerous. This you may be assured of, that there would be less chance of injury from allowing the wet clothes to dry on the back, whilst continuing in exercise, than thus suddenly to expose yourself to heat, and to drink of spirituous liquors when chilled with cold.

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The firſt notice of miſchief having been produced, by the too ſudden change from one extreme of heat to the other, may not occur until ſeveral hours after, but then

Cold tremors come, with mighty love of reſt,
Convulſive yawnings, laſſitude and pains
That ſting the burden'd brows, fatigue the loins
And rack the joints, and every torpid limb;
Then parching heat ſucceeds, till copious ſweats
O'erflow.

ARMSTRONG.

The ſymptoms, thus accurately deſcribed, never occur but when ſome alarming diſeaſe, generally fever, is about to ſucceed. To prevent this ſhould be your immediate endeavour, for

Prevention is the better cure;
So ſays the Proverb, and 'tis ſure.

The means for accompliſhing this, are thoſe which have juſt been enumerated: warm diluting drinks ſhould be taken freely, and even profuſe ſweating ſhould be promoted by the aid of a treacle poſſet, or white-wine or vinegar whey, and by breathing under the bed-clothes.

Since injury, from expoſure to the inclemencies of the weather, is in a great meaſure prevented by the due management of the CLOTHING, attention to a few words on this ſubject may be well repaid. Obſerve the horſe and other cattle, and you will perceive, that as the winter ſets in, nature furniſhes them with warmer clothing. Profit by the obſervation, and adapt your clothing as nearly as you can, to the change of ſeaſons in this variable climate. Take care alſo that your clothing be regularly diſpoſed, not much thinner in one part than another; for how abſurd is it to wrap the body in thick woollen, and to cover the legs with ſtockings of thin texture. If liable to pains in any particular part, that part indeed may be aided by additional clothing, and particularly by the wearing of flannel next to the ſkin; but with this, and indeed with every part of the clothing which applies immediately to the ſkin, the utmoſt cleanlineſs is neceſſary, not only for the ſake of comfort, but of health; ſince there cannot be a doubt that, fever itſelf may be generated by the filth ſuffered thus to accumulate.

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By an attention to what I have already ſaid, you will be enabled to do much towards the PRESERVATION OF YOUR HEALTH. It is true, you muſt make ſome ſacrifices; but conſider

Nor love, nor honour, wealth, nor power
Can give the heart a cheerful hour,
When HEALTH IS LOST.

GAY.

I ſhall now, my friends, offer to your attention, a few words on the DISEASES to which you are moſt ſubject, deſcribing to you the manner in which they begin, and the methods of preventing their farther progreſs.

Whenever you experience cold ſhiverings, be on the watch; ſince there will be the greateſt reaſon to ſuſpect that it is the firſt ſymptom of ſome diſeaſe of a dangerous kind. If heat ſucceeds, loſe no time, but immediately go to bed, and employ the means already recommended, to promote a free perſpiration, and ſupport it for at leaſt four-and-twenty hours. Should perſpiration be not produced by theſe means, it will then be right to take about twenty drops of antimonial

wine,

wine, (a remedy you will do well to keep in your houſe,) every hour until the effect you wiſh is produced. Thus may you check, in the very commencement, diſeaſes that would probably have terminated in death. Should the ſhivering return, on the ſecond third, or fourth day, and be ſucceeded by heat and then by perſpiration, an AGUE or INTERMITTENT FEVER has taken place, requiring you to take at leaſt three quarters of an ounce of bark, before that period of time in which it made it's ſecond appearance, has again elapſed.

But, if the means recommended have not been employed, or have been employed unſucceſsfully, the cold ſhiverings being followed by conſiderable heat, and pain in the head, loins, and limbs, you may be aſſured that a FEVER is eſtabliſhing itſelf, which will prove beyond your management and controul. If an acute pain of any part ſucceeds, with or without the other ſymptoms, juſt enumerated, there will be great reaſon to ſuſpect inflammation is forming, and if theſe pains do not ſubſide, as the ſweat continues, life

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may be at risk, and may be only saved by timely bleeding and the adoption of vigorous measures.

The degree of danger in these cases must of course depend on the violence of the attack, and the nature of the affected part. Of the former you will, in general, judge, by the degree of pain, and by the magnitude of the other symptoms; and as to the latter, I shall hope, by mentioning the parts affected by different diseases, and the offices they perform, that you will be able to judge of the degree of injury which may be expected.

Know then, that in the head is contained *THE BRAIN*, from which proceed the nerves, which are distributed over the body, and on which every sense, and all power of motion depend. If pain in the head, light-headedness, fever, redness of the eyes, and impatience at viewing much light, or hearing loud noises, succeed to shiverings, INFLAMMATION OF THE BRAIN, OR IT'S MEMBRANES may be feared to exist. This must be followed with death in

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a very few days, if not oppoſed by the exertions of ſome ſkilful perſon. Bleeding profuſely, bliſters, the ſtricteſt regimen and proper medicines muſt be here employed, with that degree of firmneſs and deciſion, as cannot be hoped for, but where they are directed by a perſon of real ſkill, and where the attendants are impreſſed with the danger of the ſmalleſt deviation from orders.

Redneſs of the *EYE*, or as it is commonly termed a *blood-ſhot eye*, ſhows that INFLAMMATION OF THE EYE has taken place. The little importance which is in general annexed to the term blood-ſhot eye, has lulled many into a falſe ſecurity, until they have at laſt been entirely deprived of ſight. Extreme pain of the *EAR* or *TOOTH*, ſhow INFLAMMATION of theſe parts to have taken place. In the former of theſe caſes the application of leeches to the temples, and in the two latter between the cheek and the ear, followed by the application of bliſters to the temple or behind the ears, will generally check the progreſs of the diſeaſe.

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Prescriptions for eye-waters are so numerous that you may expect one from me—but I know not one which I can recommend to you to be used on all occasions. For such is the variety of cases in this class, that sometimes applications as cooling as ice, at other times as hot as the eye can bear, are required; nay, sometimes water itself will be too irritating, whilst at other times applications as pungent as brandy will procure speedy relief. The most safe wash is, perhaps, rose or elder-flower water, without any addition. Conserve of roses, so often applied to the eyes on these occasions, is much more likely to injure the eyes, than to relieve them.

A flannel bag filled with camomile flowers, wrung out of boiling water, then sprinkled with spirits and applied very warm over the ear, and repeated for an hour together, renewing it as soon as cool, will frequently produce very considerable benefit in the ear-ach. In the tooth-ach the same application to the cheek on the affected side will, if patiently persevered in, render much more benefit than the corrosive

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remedies which are so frequently applied to the inside of the mouth, and to the tooth itself.

This same application will also be in general very useful, if made to the sides of the throat in INFLAMMATION OF THE TONSILS, (two round projecting substances at the back of the mouth). This disease is known to exist by the enlargement of these with fever, pain, and considerable soreness of the throat, and difficulty of swallowing.

This complaint, best known to you by the name, *Quinsy*, in general, gives way speedily, if by early application, you give the opportunity for bleedings, blisters, &c. to oppose it on the threshold, as it were; otherwise it will rapidly become truly alarming and distressing. The means for procuring sweat should not, in any of these cases be omitted.

Behind the tonsils is situated the *WIND-PIPE*, the upper part of which is slightly inflamed, in what is termed a COMMON COLD;

COLD; this appears to be pointed out by the tickling, which occaſions a frequent troubleſome cough. This may in general be removed by obtaining a copious perſpiration at the commencement of the complaint. By drinking freely of treacle poſſet, vinegar or orange whey, barley water or gruel; but without having recourſe to any conſiderable increaſe of bed clothes, or of the temperature of the room. Bleeding in general, is not here neceſſary. But ſhould tightneſs of the cheſt, or pain in the ſide, or in any part of the breaſt, or ſhould ſhortneſs of breathing come on, you may be aſſured that you are in that ſituation, that the farther attempt to treat this diſeaſe without regular advice, will be very likely to occaſion it's termination in *Conſumption*, and that, on the other hand, proper meaſures being directly employed, an immediate amendment may follow. When COUGH continues after this diſeaſe, believe it to be a circumſtance highly worthy of your attention. Conſider a little and you will perceive that, a cough is not of itſelf a diſeaſe, it is the ſymptom or ſign of a certain diſeaſed ſtate of the lungs or of the

wind-

wind-pipe. If therefore it does not yield in a moderate time to ſipping barley water, made thick, and ſweetened by the addition of figs and raiſins; or by occaſionally taking ſome ſoftening mixture, ſuch as a mixture of equal parts of honey and oil, with a little lemon juice, it may be ſuſpected to depend on ſome ſerious, diſeaſed ſtate of the lungs; to aſcertain and remove which may require more ſkill than you poſſeſs.

The Croup, or Inflammation of the wind-pipe, or tube through which the air paſſes to and from the lungs, happens only to children, and is marked by the child's breathing being longer than natural, and accompanied by a particular wheezing ſound: a ſharp ringing or barking noiſe alſo diſtinguiſhes the cough, attendant on this affection. In this diſeaſe, the life of your child depends on your immediately obtaining the beſt aid you can; ſince he moſt probably will otherwiſe periſh in a very few days. If the attendance of a medical man is unavoidably delayed, and the diſeaſe is plainly marked, apply from two to four leeches to the prominent part

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of the front, and a blister to each side of the neck.

In the breast or chest are contained *THE LUNGS*, which are filled with air, and again emptied, each time of breathing. INFLAMMATION OF THE LUNGS is known by shortness of breathing, tightness and slight pain across the chest, with fever. In children this disease may always be dreaded, when their breathing is quicker than natural; especially if accompanied with wheezing, and with increased heat of the skin. Whether in children or in others, this disease never happens without danger; if neglected, it's termination will, most probably, be in that most dreadful disease a CONSUMPTION. Obtain therefore the best advice directly; but if prevented in this, lose not too much time in waiting, but apply one, two or more leeches to the chest of the child, according to it's age. To a grown person, six or eight should be applied; but bleeding freely from the arm, would be preferable, if it could be obtained. When pain of the side occurs, affecting the breathing, accompanied with

fever, the complaint is PLEURISY, or INFLAMMATION OF THE MEMBRANE LINING THE CHEST; the treatment of which and the cautions reſpecting it, may be taken from what has juſt been ſaid reſpecting the preceding complaint. On the left ſide of the cheſt is placed the *HEART*, by the action of which the *blood* is driven to every part of the body. When the pain affects that ſide of the cheſt, and the beating of the pulſe is irregular, ſuſpending it's ſtroke for a moment or two, INFLAMMATION OF THE HEART itſelf, or of the PERICARDIUM, the membrane which incloſes it, has moſt probably occurred. In ſuch a caſe not a ſingle moment ſhould be waſted, but the beſt aſſiſtance ſhould be immediately procured. But if delay neceſſarily ariſes, the pain is violent and the patient young, blood may be taken away freely. Under the heart is ſituated the *STOMACH*, juſt beneath the ribs on the left ſide, in this bowel is the food received and principally digeſted. INFLAMMATION OF THE STOMACH is therefore pointed out by an acute pain in this part, or rather towards the pit of the ſtomach, accompanied by

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the vomiting of every ſubſtance immediately on being ſwallowed. What has been juſt ſaid reſpecting your mode of conduct, applies exactly to this caſe. But as the ſtomach is ſo irritable and tender, you muſt be particularly careful that only the moſt mild liquors, and thoſe in very ſmall quantities be taken.

On the right ſide, under the ribs, and ſtretching acroſs to the pit of the ſtomach, is the *LIVER*, by which the *bile* or *gall* is formed. INFLAMMATION OF THE LIVER is diſtinguiſhed by pain in the part, and in the right ſhoulder. Immediate aid ſhould be here obtained; as by bleeding, bliſtering, &c. the diſeaſe may be removed in it's firſt ſtage. To ſuch of you who unhappily injure your conſtitution, by drinking too freely, I muſt here offer a caution. This diſeaſe ſometimes comes on very ſlowly, and without any other warning than frequent, ſlight pains: when this happens, proper medicines may aſſiſt you, if their effects be aided by an exact attention to ſuch regimen as will be ordered; which will moſt probably compriſe the prohibition

of ſpirituous poiſons. The gall or bile when formed is ſtored up in the *gall bladder*, from which, with that which flows directly from the liver, it paſſes through certain *ducts*, or pipes, into the bowels. INFLAMMATION OF THE GALL DUCTS may be ſuſpected, when the pain is violently diſtreſſing, immediately at the pit of the ſtomach, paſſing directly through to the back, accompanied by ſevere vomitings. Here regular advice muſt be obtained; ſince although bleeding is ſometimes neceſſary, yet it ſometimes happens that the diſeaſe is cauſed by hard ſubſtances called *gall-ſtones*, ſticking in theſe ducts, and which bleeding alone might never remove.

By the bye, conſider for a moment, how little good, a medicine too often had recourſe to in ſickneſs of the ſtomach—I mean a vomit, can do in the caſes I have already enumerated, and in others which occur, where the ſickneſs proceeds not from there being any injurious matter in the ſtomach, but from the diſeaſed and too tender ſtate of the ſtomach itſelf, or from it's ſympathiſing with other parts, in diſeaſe; from which cir-

circumſtance, the employment of them muſt neceſſarily be ſucceeded by the actual increaſe of the complaint.

In the interval, however, before advice can be had, there is one remedy, which, from it's ſafety, may be employed with confidence in this, and in every doubtful caſe, of extreme pain of any part, where there is not much weakneſs. This remedy is the warm bath, employed as nearly as poſſible, over the whole ſurface of the body. When this is uſed, great care ſhould be taken that the body be afterwards well dried, and that the patient be laid between blankets. Bear in mind that any large veſſel will do for this purpoſe; and that it is proper to be employed in every caſe of inflammation of any important organ.

Inflammation of the liver is ſometimes followed by DROPSY; diſeaſes of other bowels will alſo occaſion it. You have here always time to apply for regular aid, therefore attempt nothing unadviſedly. One circumſtance you ſhould, how-

ever, be appriſed of: your well-meaning neighbours will recommend to you many noſtrums for the ſpeedy removal of the water; but theſe muſt be uſed cautiouſly, leſt by producing weakneſs, the flow of water into the cavities ſhould be increaſed; and you act as unwiſely as him, who widens the breach in the ſide of a ſhip, to let out the water, the leak has let in. Nor will you be free from the temptation of employing advertiſed noſtrums, ſo great are the promiſes they hold out; but let common ſenſe guide you: here is a diſeaſe, which may depend on a diſeaſed ſtate of any of the various bowels contained in the belly, and on a vaſt variety of different diſeaſed ſtates, and which cannot be removed without appropriate means for theſe different caſes are diſcovered: how little proſpect of ſucceſs is there then, in employing a remedy thus taken at hazard, and which perhaps, at beſt, is only proper in one of theſe widely differing caſes! Inflammation of the gall-ducts is frequently accompanied by JAUNDICE; but as this complaint alſo accompanies other affections of theſe parts, and even certain ſtates of the liver, the cauſe from which

which it proceeds ought therefore to be enquired into, before any active measures ſhould be employed.

If acute pain ſhould be felt lower than the parts already deſcribed, attended with almoſt conſtant ſickneſs and obſtinate coſtiveneſs, INFLAMMATION OF THE BOWELS is to be apprehended, which, unleſs powerfully oppoſed, muſt terminate fatally in two or three days. The beſt advice muſt therefore be obtained, as ſoon as poſſible. Bleeding and the warm bath being employed in the mean time. Be careful whenever ſymptoms ariſe like theſe, that no heating cordials, ſpices or ſpirits be taken, under the expectation of leſſening the pain; ſince juſt the contrary effect muſt be produced by them.

If the pain be felt in the loins, or in a direction from the loins toward the lower part of the belly, with frequent vomitings, INFLAMMATION OF THE KIDNEYS, the organs by which the urine is ſeparated from the blood, or INFLAMMATION OF THE URETERS (the veſſels which carry

carry the urine to the bladder,) has moſt likely taken place. If the pain is ſeated at the bottom of the belly, with great tenderneſs on preſſure, and difficulty, in voiding the urine, it may be concluded that INFLAMMATION OF THE URINARY BLADDER has come on.

In every one of theſe caſes, the moſt ſerious and even fatal miſchiefs are to be apprehended, if the moſt powerful means are not early employed. Whilſt proper advice is obtaining, and which ought to be ſought for with the leaſt poſſible delay, bleeding and the warm bath may be had recourſe to; and remember that here, as in every caſe of inflammation, theſe two moſt powerful remedies muſt be aided by abſtaining from food, and by emptying the bowels by ſome cooling phyſick.

Numerous as are the diſeaſes juſt deſcribed, recollect that they may all be produced by the too ſudden change from heat to cold and from cold to heat. To this cauſe, as well as to violent exertions, the abuſe of ſpirituous liquors, and the not proportioning the exerciſe to the quantity of nouriſhment, may be alſo

alſo attributed HÆMORRHAGES from ruptured veſſels, of which I now ſhall ſpeak. SPITTING OF BLOOD, in general proceeds from ſome blood-veſſel burſting in the lungs. The important office of this organ I have already pointed out, I have therefore only here to add, that the ſmalleſt appearance of blood, in the matter brought up by coughing, ought immediately to induce you to make application for your life's ſake, for profeſſional advice; ſince if you do not procure it directly, and act with the moſt rigid adherence to it, that diſtreſsful and fatal, but lingering malady, a CONSUMPTION, will almoſt unavoidably occur. BLEEDING FROM THE NOSE, and BLEEDING PILES, are not indeed ſo directly fatal, as that bleeding of which I have juſt ſpoken; but they are of ſufficient conſequence, to authoriſe me to call your attention to them, and to impreſs on your minds, that every diſcharge of blood, almoſt, proceeds from a broken blood-veſſel; that there exiſts a diſproportion between the ſtrength of the blood-veſſels and the quantity of blood they contain; and that when bleeding has taken place in conſiderable quantity from any particular part, the veſſels of that part are diſpoſed to acquire the habit of thus letting the blood

eſcape,

escape, which is also so rapidly formed, as by distending the vessels, to be the more likely again to force it's way. I must just observe here, that although the piles are not in general dangerous, yet, when very painful, great attention must be paid to them; as when neglected, they sometimes terminate in that painful and distressful malady a FISTULA. Should they be very painful, leeches may be applied to them with great advantage.

From exposure to sudden changes of temperature, proceeds the ACUTE RHEUMATISM, or as it is often called the RHEUMATIC GOUT; known by it's affecting the different joints with red and painful swelling. By promoting a profuse perspiration, by freely drinking warm gruel, &c. aided by a few drops of antimonial wine, this disease may sometimes be removed at it's very commencement. But this not succeeding, beware that it's continuance for a month, or perhaps longer, may be the consequence of not obtaining that treatment, which can only be pointed out by a medical man of judgment and experience.

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The ſymptoms which I have deſcribed as marking the commencement of fever in general, may be conſidered as thoſe which occur at the beginning of eruptive fevers. Of theſe the SMALL POX ſtands moſt forward, from it's frequency, and it's fatality, if allowed to occur naturally, as it is termed;—but this would be a fault ſo cenſurable, it would be riſking a life ſo unwarrantably, that no one who hears me, will, I hope, ever commit. Impreſs it on your memory, that one in every ten or twenty, has been found to die of the ſmall-pox coming ſpontaneouſly, or in the natural way, and but one in two hundred of thoſe who receive it by inoculation: and that of thoſe who have been inoculated from the matter of what is termed the COW-POX, only one in fourteen hundred have been loſt.

You may conclude the ſmall-pox is coming out, when after the ſymptoms already mentioned, ſmall red ſpots appear, juſt riſing above the ſkin. The number and the malignity of theſe will often depend on the treatment at firſt adopted. If the room be conſiderably heated, the patient kept in bed, under a load of bed-clothes, and plied with heating drinks,

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ſuch as even white-wine whey, the crop of puſtules may be expected to be ſo great, that the powers of the patient will be exhauſted, before they are ripened and cleared off.

When the ſpots are topped by a little watery bladder, ſoon after their firſt appearance, and are cleared off in two or three days, it may be concluded that the diſeaſe is the CHICKEN POX or SWINE POX, a complaint which ſeldom requires more than to keep the child within doors, and to prevent it from taking too much exerciſe.

If the ſpots hardly riſe above the ſkin, and are more ſpread than in the former diſeaſes, it is moſt probable, the MEASLES is appearing. This may be more certainly concluded to be the caſe, if a frequent dry cough, with redneſs and watering of the eyes, occur at the ſame time. In this diſeaſe, the breathing muſt be moſt attentively watched: if this become quickened, there will be the greateſt reaſon to fear *inflammation of the lungs* to be eſtabliſhing itſelf, which will not be removed but by the moſt vigorous meaſures.

Whe

When the ſkin, inſtead of being ſtudded with pimples, is covered with a redneſs, reſembling a ſtain, the diſeaſe is moſt probably THE SCARLET FEVER. If ſoreneſs of the throat accompanies it, not a ſtep ſhould be taken until the opinion of ſome intelligent medical character has been obtained; ſince the diſeaſe may, perhaps, be the PUTRID or MALIGNANT SORE THROAT, which will demand, moſt probably, the utmoſt exertions of even the moſt able phyſician, ſo to conduct the management of the patient, that he may not ſink from the vaſt exhauſtion of the vital powers, which often takes place. Here wine, cordials, and food, which are poiſon in the former claſs of diſeaſes, are abſolutely neceſſary to be ſtrenuouſly perſevered in.

If the eruption of the ſkin is confined to one part, and, as is moſt frequently the caſe, to one ſide of the head or face, and ſoon riſing in little bliſters, the diſeaſe is ERYSIPELAS, or ST. ANTHONY'S FIRE. In this complaint evacuations muſt be employed with caution, ſince great judgment is neceſſary to point out whether they will be injurious or not. The application called *Goulard's water*,

is often employed here, with much injury, as well as in many other cases of inflammation. The applications in this case must always depend on the state of the pulse, the age, and on the degree of strength possessed by the patient. To point out one mode of treatment which can be adopted with safety, in all the various cases which may occur of this complaint, is utterly impossible. This can only be directed by an observer, possessing sound medical skill. When this disease appears on very *young children*, the loss of the child is only to be prevented by the most skilful exertions. Admit no tamperings, lest you have to accuse yourself of having thereby sacrificed the child of your heart. A disease of the erysipelatous kind sometimes possesses two or three fingers width of one side of the trunk; this is called SHINGLES, and from the extreme soreness of the parts, is a very troublesome complaint. It seldom requires much medical aid; but as this will always vary with the constitution of the patient, I cannot, as I would wish, point out any specific mode of treatment fit for general adoption.

With

With the exception of one or two, the diſeaſes of which I have hitherto ſpoken are of ſuch a nature, as to depend on too great a tone and on too great a degree of fulneſs of the veſſels. I now ſhall treat of diſeaſes occaſioned, rather by an exhauſted and debilitated ſtate of the ſyſtem.

Profuſe DISCHARGES BY STOOL are not only oftentimes not oppoſed ſufficiently ſoon, but, from a miſtaken notion, are ſometimes promoted by means employed for the purpoſe. But ſo great a degree of exhauſtion is ſuddenly cauſed, ſometimes, by this complaint in very young, aged, or weak perſons, that the utmoſt caution is, in ſuch caſes required; and indeed ſo much experience is neceſſary to enable you to judge in particular caſes, whether this diſcharge ſhould be checked or promoted, that I can only venture here to ſay, that, in general, it may be promoted, ſo far as may be done by freely drinking broths of various kinds, which, at the ſame time, by affording nouriſhment, ſupport the patient's ſtrength. But when the extreme parts become cold and the countenance ſhrunk, unremitting diligence

is neceſſary in the employment of the means already mentioned, with the addition of ſpiced cordials, mulled wine, &c. in ſmall, but frequent doſes, for the purpoſe of ſupporting the ſtrength, and alſo of moderating the diſcharge.

The complaint juſt mentioned is ſometimes accompanied by violent *vomitings*, and is then termed the CHOLERA MORBUS; here the cautions juſt given apply with additional force; and the added ſymptom demands our particular attention. Connecting the idea of ſome injurious matter remaining in the ſtomach, with that of vomiting, an emetic is, in theſe caſes, too frequently given; by which the diſeaſed action of the ſtomach is not only unneceſſarily, but dangerouſly increaſed; that motion by which the contents of the ſtomach ſhould be puſhed onwards, being exchanged for that by which it's contents are thrown back; and this kind of action being extended to the bowels, the contents of thoſe neareſt to the ſtomach, are alſo this way diſcharged. Great care is therefore neceſſary in the management of this complaint. If the purging ceaſes and ſickneſs directly comes on,

a table-

a table-ſpoonful of tincture of ſena, or Daffy's elixir as it is called, may be ſucceſsfully uſed. Sometimes medicines of an opiate kind will be demanded: but to determine as to the propriety of employing theſe, an attentive conſideration of all the exiſting circumſtances is required.

When diſcharges from the bowels, conſiſting chiefly of mucous or ſlimy matter, ſometimes coloured with blood, are frequently paſſed, griping pains of the bowels, particularly about the navel, being alſo ſuffered, the diſeaſe may be concluded to be the BLOODY FLUX. The treatment of this diſeaſe differs ſo materially from that which the ſymptoms will ſeem to point out, that I find it neceſſary to appriſe you, that it depends very much on accumulated pieces of excrement retained in the bowels; and that no aſtringent medicines, nor even opiates, will give laſting relief, until this matter is removed, by mild laxative medicines, ſuch as manna, caſtor oil, &c. Should theſe means fail, truſt yourſelf not too far, leſt by allowing the diſeaſe to eſtabliſh itſelf, you render it's removal difficult, or even impoſſible.

Extreme

Extreme pain of the bowels, with a ſenſation of tightneſs and contraction round the belly, without ſtools and not with much vomitings, diſtinguiſh COLIC. The bowels may be, in this caſe, fomented with flannels wrung out of hot water, and warm clyſters, or a decoction of camomile and poppy-heads may be given. Farther directions I cannot preſume to give, except, that as this diſeaſe may depend on widely different cauſes, and may be eaſily confounded with inflammation of the bowels, the beſt advice muſt be directly procured, and all heating means deſiſted from, leſt inflammation be increaſed or excited.

If the above ſymptoms occur, and eſpecially with vomitings, to thoſe who have the ſmalleſt ſwelling from a RUPTURE AT THE GROIN, NAVEL, or indeed at any other part of the belly, their life is loſt unleſs this be reduced, that is, returned, or the ſtricture taken off at the part at which it paſſes out of the belly. This may be attempted by the patient himſelf, with properly applied preſſure, the knees being ſeparated and drawn up, and the head and upper part of the trunk being placed low. If he fail in his attempt, it ſhould be conſidered that every moment's

ment's delay increaſes the difficulty of effecting the cure; that his life abſolutely depends on his procuring the aid of the really ſkilful; and that if this be not ſpeedily done, an operation will be neceſſary, which, although not ſo painful as apprehenſion imagines it, might as well be avoided. I ſhould be happy to impreſs on your minds the important truth, that this dreadful evil is, at firſt, not only a very trifling one, and capable of being kept ſo, but even of being entirely removed, by the uſe of a proper *truſs* on it's firſt appearance. Indeed, ſince the complaint muſt of neceſſity be increaſed by exertion, without a truſs, and this to an enormous ſize: he who diſcovers that he has the misfortune to be afflicted with a rupture, known at it's commencement by a ſmall ſwelling appearing in the groin, ought not, let his temporary inconveniences for want of his uſual earnings, be what they may, to employ himſelf in any kind of laborious exertion, until this uſeful inſtrument is obtained, and ſo applied, as entirely to prevent the gut from paſſing out; for if this is not accompliſhed by it, it will be of no benefit, but may occaſion more miſchief. It is true it will be expenſive, but it is alſo true, that as it may ſave his life, he ought

not,

not, if he cannot obtain it from his own pocket, to disdain to entreat the assistance of his employer, or of his rich and benevolent neighbour.

I should be very happy if it were in my power to furnish you with instructions, by which you might be enabled to act with promptitude and success in all cases of sudden emergency; but this is not to be done. I will, however, endeavour to furnish you with such principles of conduct, as may, at least, prevent you from doing mischief in such cases, and as may even, sometimes, happily enable you to stay the departing life of a fellow-creature.

You may perchance, witness the afflicting situation of one who, in a moment, has been deprived of all sense, laying insensible to all ordinary attempts to arouse him, and snoring as in a deep sleep; this you may conclude to be a case of APOPLEXY. This state is frequently succeeded, and even accompanied by, a deprivation of the powers of moving the limbs on one side, the limbs falling as though without life; this affection is termed PALSY. Now both these diseases may depend on two very different states of the

the ſyſtem, which you muſt be appriſed of; leſt, whilſt you endeavour to remove, you unfortunately employ thoſe means, which will immoveably fix the diſeaſe. When the unhappy ſubject of this malady is not far advanced in years, has indulged in indolence, and what is termed good living, and has his face evidently ſwelled and uncommonly florid, you may conclude that the blood-veſſels are full, even to burſting, and that life is only to be ſaved by immediate bleeding, and other evacuations. But when the countenance is ſhrunk and fallen, the patient ſtricken in years, and a martyr to hard labour, hard fare, and diſtreſs, the blood may be ſuppoſed to flag, rather from weakneſs of the powers which ſhould urge it, than from it's exiſting in too great quantity. Conſequently here, evacuations will directly aggravate the diſeaſe; and relief is only to be obtained by means of warm cordials, and plentiful nouriſhment; beginning however, with ſmall doſes of each. Should the patient have made any efforts to vomit, or the fit have ſeized him immediately after a plentiful meal, it will be proper to procure the emptying of his ſtomach, by the means of ſome emetic medicine, or by irritating the upper part of the gullet with

the

the fine end of a feather. In every caſe of this kind, take care that the patient, whilſt carrying to his chamber, and whilſt in his bed, be placed nearly in a ſitting poſture, and that neither his neck-cloth nor any other cauſe, hinders the circulation of the blood through the neck. Nor ſhould, in thoſe caſes where fulneſs of blood exiſts, any irritating ſubſtances, ſuch as ſnuff, ſmelling ſalts, &c. be applied to the noſtrils, but with the greateſt caution.

You may ſometimes witneſs the melancholy condition of one who having ſuddenly fallen in an EPILEPTIC FIT, or a fit of the *Falling Sickneſs*, as it is ſometimes termed. This you may know to be his malady, if he fell ſuddenly ſenſeleſs, every part being agitated with ſevere convulſions, whilſt his lips are covered with froth, which is conſtantly working out of his mouth. Here let your firſt ſervice be that of placing him on a bed, or ſome ſoft ſubſtance, to prevent injury from the violence of his ſtruggles, which ſhould alſo be reſtrained, ſufficiently to accompliſh this intention. Should he have juſt taken a conſiderable quantity of fruit, or other vegetable matter, or have drank too freely of ſpiri-

tuous

tuous liquors, or have shown signs of sickness in the intervals of the convulsions, get an emetic into his stomach as soon as opportunity offers; and frequently, after the first casting from his stomach, the convulsions will cease and not return. But should the face become swelled, and assume a florid or even a crimson hue, bleeding will be necessary to be performed immediately.

Children are sometimes affected with fits resembling those just described, which, in general, precede some eruptive fever, or are produced by the distension of the stomach by indigestible food, or by the newly formed teeth stretching and irritating the inflamed membrane which encloses them. The dividing this membrane by the common operation of lancing the gums, as it is termed, is the only certain mode of procuring relief in the latter case. If the stomach be distended with improper food, relief will be obtained by giving a gentle emetic. In each of these cases, putting the child into a warm bath, will be likely to prove beneficial.

This

This affection may be produced by the irritation of WORMS in the bowels; the presence of which may be suspected when, although a considerable quantity of food is taken, the child is thin, pale and weak, and particularly if there be frequent pains of the bowels, and itching at the fundament: Now although the medicines in these cases might be easily procured, yet I am averse to prescribe any, lest by employing them improperly, you may do mischief instead of good, especially as you have always time for application to professional skill. This caution arises, from the symptoms I have mentioned often proceeding from weakness from other causes, and being, therefore, likely to mislead you.

The disease which I shall next speak of is often, in it's first stage, mistaken for the effect of worms. DROPSY OF THE BRAIN, or *Watery Head*, may be suspected when a child appears uncommonly heavy and dull, complains of pain in the head, has it's sleep disturbed with alarming dreams, reluctantly moves it's head from the pillow, or attends to surrounding objects; and is affected with frequent sickness and slight fever. To distinguish

this

this diſeaſe in that early ſtage to which the above ſymptoms belong, requires ſuch ſkill as you cannot poſſeſs; therefore here you muſt not trifle, but on the appearance of ſymptoms reſembling thoſe I have mentioned, conſider there is no other alternative, you muſt either apply directly to the moſt reſpectable profeſſional man, or to ſome charitable inſtitution. To pretend to recommend particular remedies in this caſe, would, you muſt ſee, be in me a preſumption full of miſchief.

This complaint is frequently occaſioned by the falls on the head, which children are expoſed to on firſt going alone. Guard their heads, therefore, at this time, with the old-faſhioned head-dreſs for children, a quilted ſtuffed cap, or pudding. I am ſorry to be obliged to add another cauſe of this malady, ſevere blows on the head, inflicted in the correction of children. Parents too often forget the weight of their hands and the delicate ſtructure of a child. You muſt excuſe the digreſſion—It was but yeſterday I paſſed the cottage of one you all know to have always neglected his children; I heard the plaintive and ſuppliant cries of a child, and ruſhed into the

cottage,

cottage; where I saw the father, whose countenance was dreadful, from the strong marks of passion and cruelty which it bore, beating most unmercifully his son, about ten years old. The poor child's countenance would, one would have supposed, obtained mercy from the most obdurate; it was shrunk up with dread and terror; the most earnest and humble supplications proceeded from his lips, whilst his eyes were fixed with horror on the impending instrument of his chastisement. I stopped the brute from proceeding in his violent outrage, asking what was the crime the boy had committed, and found he had not finished the task of work he had set him. Ah, John, I exclaimed, consider how you ever neglected your children; you have never troubled yourself to give them good advice, nor refrained from setting them bad examples. The crimes of the children of such a parent must be on his head: you merit correction, and not he, for you never showed him what it was to be industrious. Expect not duty from a child, if you have not done yours towards him. Duties are required of parents as well as of children; and although an undutiful child may be termed a monster,

know, that the worſt of monſters is an *undutiful parent.* The wretch growled at the interruption he had ſuffered; and I need hardly ſay, manifeſted no compunction or regret, at his cruelty.

What I have told you, is not foreign to the purpoſe of our meeting; for, not only do I believe the diſeaſe I have ſpoken of may be brought on by undue correction, but I have ſeen moſt dangerous diſeaſes occaſioned by the terror thus excited in the mind of a child. Let reaſon and parental tenderneſs weigh with you; and, in juſtice to the little offending trembler, before you correct your child, correct your own anger; and if you would wiſh to be reſpected as a father, inflict no more ſuffering on him who has no one elſe to look to for protection, than is really neceſſary for his future welfare.

Violent affections of the mind, loſs of blood, and various other cauſes produce FAINTING, or a deprivation of ſenſe, and almoſt a ſuſpenſion of the circulation for a time. The principle of conduct juſt recommended in apoplexy, of avoiding the uſe of ſtimulating means, has been transferred to this caſe, and ſo far

extended, that it has been recommended not to interfere with any active measures, but to wait until nature, of herself, again resumes her actions. This advice must be received with considerable caution; for although it may be very proper not to harrass and exhaust the patient by numerous or violent irritations; yet, in very weak persons, if the suspension of the actions, on which life depends, be permitted long, their restoration may not be effected, and death, from their total cessation, may ensue.

When the symptoms, by which fainting is known, appear, the means likely to produce a recovery should be directly employed. Pungent volatile substances, such as smoaking rags, burnt feathers, hartshorn or smelling salts, should be held to the nostrils; the body should be placed rather in a laying posture, fresh air should be freely admitted, and a very few drops of cold water be sprinkled on the face. By these means a recovery will, in general, soon be effected. So important is the admission of fresh and pure air in these cases, that it should not be allowed to stagnate round the patient, but should be kept in motion by the action of a fan.

The

The treatment juſt recommended is alſo proper, in thoſe caſes where the appearance of death has been produced by expoſure to NOXIOUS VAPOURS, eſpecially to thoſe of BURNING CHARCOAL.

When the external appearances of death have taken place in conſequence of DROWNING, life has been reſtored by aſſiduous exertions. Fail not, therefore, of giving every poſſible aid, ſhould the diſtreſsful opportunity offer. In this caſe, let the wet clothes be firſt entirely taken off, and the body thoroughly dried by rubbing with cloths. This friction is then to be continued for the purpoſe of exciting warmth, and particularly over the belly, cheſt, and limbs: and after a little time the warmth of the body ſhould be ſtill farther promoted by placing it in a moderately warm bath of water, ſand, aſhes, or any other matter, moſt readily obtained. The treatment of thoſe caſes where apparent death has ſucceeded HANGING, need not be particulariſed, as it will vary in no material circumſtance from that of the former, except that when the countenance is ſwelled and florid, a ſmall quantity of blood ſhould be taken away, and the head raiſed as in apoplexy.

But

But in every case where attempts are made for the restoration of the actions of life, the exertions should be persevered in for an hour or two before you cease your efforts.

Where death appears to be likely to follow INTOXICATION from the drinking of spirits, endeavour, in the first place, to obtain a discharge of the poison from the stomach, by an emetic, or irritating the back of the gullet, and by washing the stomach, by pouring down large portions of warm water. Nor should the object of your attention be now left; since after the first effects of the poison have passed off, such a state of extreme weakness may follow during sleep, as may, unless great care be taken, end in death. If therefore, after having being allowed to sleep a little time, the breathing becomes laborious, the pulse low, and the hands and feet cold, he should be aroused for a minute or two, and made to swallow a spoonful or two of warm broth, or beef tea, and occasionally about thirty drops of *sal volatile*, or twice as much of *lavender drops*, in a tablespoonful of water; whilst the circulation is kept up by rubbing the limbs with warm flannels. Another cir-

circumstance demanding attention is, the throwing up of the contents of his stomach during sleep, when, from the state of insensibility in which his feelings and powers are shrouded, although they may be forced into his mouth, he will not be enabled to expel them, and may thereby perish from suffocation. Besides these reasons against deserting a person in this state, there exists another: if left to himself, the head may fall into such a position, as by bending the neck too much, may occasion death, by directly preventing the passage of air into the lungs. On this account, never content yourself with putting any one in a state of intoxication *alone* in a carriage, for the purpose of conveying him to his home; lest, when he arrives there, his family find him a breathless corpse; the motion of the carriage being very likely to throw the head into that position, from which the mischief just pointed out, may be likely to proceed.

The treatment of THOSE WHO HAVE SWALLOWED LAUDANUM OR OPIUM, with the intention of destroying themselves, is founded exactly on the same prin-

principles as that which I have juſt laid down for thoſe who have taken profuſely of ſpirits, &c.

When ARSENIC, SUBLIMATE, AQUA FORTIS, or any ſubſtance known to be of an *acid* nature is taken, by any one, ignorant of the dreadful torments they occaſion, for the horrid purpoſe of deſtruction, your endeavours muſt be aimed at correcting it's nature and waſhing it away. The firſt intention will be accompliſhed by getting down any of the following ſubſtances; ley of wood-aſhes, mixed with water to that degree, as upon taſting, will appear may be ſwallowed without injury; chalk, magneſia, or, particularly where *arſenic* or *ſublimate* has been taken, a ſolution of what is termed liver of ſulphur, which may be had from the chemiſts. The ſecond intention may be fulfilled, by copiouſly drinking of warm milk, or until this can be obtained, of warm water.

Should SOAP LEES, or SPIRITS OF HARTSHORN be taken by miſtake, or for the dreadful purpoſe already noticed, their deſtructive qualities may be corrected by drinking water, to which vinegar is added,

in a proportion allowing it to be drank, waſhing the ſtomach with warm water or milk.

I will now endeavour to inform you of the meaſures which will be proper for you to adopt in ſome of the more *common accidents* to which you are liable, ſo that a life may not be loſt from the hurry and confuſion which ariſe in the moment of misfortune, when the mind is not prepared with any principles on which to act.

In WOUNDS made by cutting inſtruments, firſt reſtrain the bleeding, then bring the parts as nearly as poſſible, into their natural ſituation, and retain them there by ſlips of ſticking plaiſter and bandages. If you employ ſuch applications as Burlington's balſam, let them not run within the wound, but apply it on the outſide on a piece of lint, merely to form a varniſhed covering to defend it from the air. Be not deceived by the pretended extraordinary virtues of many family ſalves; a mixture of bees-wax and ſweet oil melted together, will form as uſeful a compoſition as any, for the accidents which generally occur in a family.

When

When PROFUSE BLEEDING is produced by an accident of this kind, conſider, that a life may be ſaved by the firmneſs and calmneſs you may be able to command, and the ſoundneſs of the principles on which you act. In the firſt place impreſs on your mind, that this flow of blood does not proceed from the whole of the cut ſurface, but perhaps from one or two points only. The part ſhould therefore be waſhed, and if theſe points can be diſcovered, a little doſſil of lint may be applied to, and confined on them, by the preſſure of the finger, until, upon trial, it appears that the bleeding is ſtopped. But if it cannot be thus ſtopped, and the blood jumps out by pulſes, it becomes neceſſary to prevent the blood from paſſing into the part, until the opened veſſel is ſafely cloſed. This, in the upper limb, will be done by a round pincuſhion, or any thing of that form, and degree of hardneſs, being applied to the middle part of the inner ſide of the upper arm, over which may be tied a piece of ſtrong tape, leaving room to introduce a piece of ſtick, with which the tape may be tightened by twiſting, until the bleeding ſtops, a piece of ſtiff leather or folded cloth being placed underneath, to prevent the ſkin from being injured

injured by twisting the ligature. In the same manner should the tourniquet, as this apparatus may be called, be applied to the hollow part, on the inside, and about the middle part of the thigh; by which the bleeding from any part of the limb below this may be checked, until proper assistance can be obtained.

BURNS AND SCALDS, followed with such pain and disagreeable circumstances when treated with oily applications, may be rendered, even when extensive, of very little consequence, by immediately drenching the part with almost any cold fluid, such as water, beer, vinegar, spirits, &c. continuing their application with fresh cold liquor, until the part no longer suffers pain on omitting it. A strong brine seems particularly useful on these occasions; but an application which should be kept ready in every family for this purpose, since it appears to be more efficacious than any other, is made by laying sliced potatoes and salt, layer upon layer, and bottling the liquid which runs off.

Now

Now let us ſuppoſe you have found a perſon laying on the ground, ſpeechleſs, rendered ſo by violence. In ſuch a caſe, do not haſtily endeavour to raiſe him from the ground, but firſt ſearch whether any of the limbs are broken, leſt in raiſing him the injury be increaſed, the ends of the broken bone being forced through the fleſh and ſkin. If the thigh or leg be broken, attempt not to raiſe him until you have provided ſome mode of conveying him to his bed, remembering that being laid on two or three boards nailed together, a door or a ſhutter, and thus conveyed by two or four men, he will ſuffer much leſs injury than if conveyed on any kind of carriage. If the arm be broken in the upper part, let it be ſupported in a ſling at the wriſt, allowing the elbow to droop; if in the lower part, let the arm be ſupported in a ſling, with the palm of the hand turned to the body. If the perſon continues ſenſeleſs, the head has probably received ſome ſerious injury, demanding great care in his removal, and the immediate attention of ſome experienced ſurgeon.

If after a blow, by a fall, or otherwiſe, on the ſide, conſiderable pain is felt, and the breathing rendered difficult, you may be aſſured almoſt, that it is a caſe of FRACTURED RIB, requiring, on your part, immediate application to a ſurgeon, and ſtrict attention to his orders; and, on his part, the utmoſt ſkill and care. Free bleeding and abſolute reſt will be demanded in this caſe, which very frequently terminates fatally from want of being treated from the firſt, with that decided firmneſs it demands. Nothing is more frequent than to ſee perſons after an accident of this kind, expoſed to the air, and even endeavouring to follow their uſual occupations: whereas the moſt ſtrict confinement to the houſe or bed ought, in theſe caſes, to be adhered to.

Frequently will a moſt ſevere pain in the extremity of the finger take place from WHITLOW, after ſome very ſlight wound in that part to which it can hardly be attributed; when the pain increaſes much, and ſeems deeply ſeated, the loſs of the joint or of the finger, may be the conſequence of not obtaining early aſſiſtance.

The beſt means, I believe, of checking the progreſs of this very painful complaint, is to apply two or three leeches to the end of the finger, and afterwards to hold the finger in ſpirits or vinegar, made as hot as can be borne. If this fail, poultices muſt be applied until a ſurgeon can be obtained.

The dreadful conſequences of THE BITE OF A MAD ANIMAL induce me to urge your attention to the following. Carefully avoid the dog, or any other animal, which manifeſts diſeaſe by peeviſhneſs, a low'ring ſullen look, watery eye, and dribbling from the mouth; although it ſhould continue to eat and drink as in health. But in none of theſe caſes deſtroy the animal, on the appearance of theſe ſymptoms, but confine it ſecurely; ſo that ſhould you afterwards hear of any one's having been injured by it, the real nature of it's diſeaſe may be aſcertained.

Should unhappily any one be bitten, when all circumſtances concur in proving the animal to have been mad, which inflicted the wound, procure

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the removal of the bitten part as ſoon as poſſible. The mode of performing it, the extent of the operation and other circumſtances, render it neceſſary that this ſhould be done in the moſt cautious and ſkilful manner.

That moſt dreaded malady the CANCER OF THE BREAST, always begins with an exceedingly ſmall kernel, which, in that ſtate, may be removed with a degree of pain infinitely leſs than is apprehended. Immediately therefore on the appearance of ſuch a kernel in the breaſt, let it's nature be aſcertained, by one whoſe opportunities of information are ſuch, as will render you confident in his opinion, and by that be guided; conſidering, that it is highly preferable to undergo a few moments pain, and obtain relief to your mind, than to ſuffer the gradual increaſe of a diſeaſe, which muſt become daily more painful, and at laſt muſt terminate in death.

Be aſſured, that for this diſeaſe there is no remedy known. Medicines, which have been reported to have been uſed with ſucceſs by quacks

and others, have had the faireſt trial by ſurgeons of the firſt abilities, but have been found unſucceſsful. Notwithſtanding this, cruel, daring, and I may, with the ſtricteſt propriety ſay, murderous quacks, are hourly pretending to cure this diſeaſe. I ſpeak of them in language thus ſtrong, becauſe the miſchief they occaſion is not merely by employing improper means, but by deluding their unhappy patients into ſo firm a reliance on their noſtrums, that they are induced to put aſide all ideas of the removal of the diſeaſed part, and to allow it, whilſt deceived into a daily expectation of it's cure, to degenerate into that dreadful ſtate, which art poſſeſſes no power to alter, and in which, even it's removal becomes unſafe to attempt.

I have, it is true, placed a dreadful hoſt of diſeaſes before your eyes, but wiſhing not to alarm but merely to warn you, believe, that I have uſed no falſe colouring. I have, I clare, conſulted your welfare, although I may have injured the pecuniary intereſts of my profeſſion. Indeed, I am far from adviſing you to be always running to the apothecary's ſhop; but when you are ſeized by a malady

cation, in ſpite of the ſilly ſuggeſtions of a falſe delicacy, to one of the numerous hoſpitals, which the provident benevolence of individuals has prepared for the mitigation of the ſufferings of their fellow-creatures. Here you will obtain thoſe comforts and that attendance, which your own family, however great and affectionate their zeal, may not be able to yield you; and here the ſame jndgement may be exerciſed to procure you relief, as is employed for the firſt peer of the realm. But ſhould none of theſe moſt excellent inſtitutions be within your reach, do not ſuffer delay to deprive your family of a life which is their's, but make your caſe known, without reſerve, to your rich neighbour, and fear not a repulſe—benevolence is the characteriſtic of Britons.

One word more reſpecting your children, and I have done. Conſider it as your firſt duty to ſee that your child is not robbed of that food which nature has provided for it in the breaſt of it's mother. Should the mother be tempted for a ſordid bribe, to transfer to another her child's

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ineſtimable right, let her conſider, that when ſhe ſells the food of her child, ſhe perhaps alſo ſells it's life.

Your next duty is the promotion of your child's happineſs. As health is neceſſary to happineſs, your watchfulneſs over him in this reſpect is indiſpenſible; ſince by delay, neglect, or ill-placed confidence, diſeaſe may be ſo fixed in him, as to render him miſerable all the reſt of his days, and even to rob you of him at once. Not leſs neceſſary to his happineſs is the regulation of even his infant paſſions, and the teaching him to diſtinguiſh accurately between right and wrong.

Conſider the ſacred truſt which thus devolves to you, and carefully fulfil this delightful duty. Permit not an unbounded indulgence, leſt your child acquire ſuch a diſpoſition, as may be a fruitful ſource of wretchedneſs to him and you, and render him odious to all around him. But, on the other hand, exerciſe the important privilege of correction with mercy. Contemplate the countenance of the poor child who ſuffers frequent and ſevere chaſtiſement; obſerve

bſerve every feature contracted by habitual terror. The moſt innocent action is performed with alarm and dread. He hardly recovers the ſhock the ſyſtem has ſuſtained by one ſeries of ſufferings, before a freſh ſeries begins. When this is the caſe, rely upon it the life of that child is iniquiouſly ſhortened, and the parent is guilty of murdering his child by almoſt inceſſant torments.

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